

SAMPLE – Student Data Collection Form

2006 Physical Fitness Test

This form is for your convenience in collecting data for electronic submission. Please do not send this form to EDS.

Student Name: _____ Test Date: _____ CSIS Student ID #: _____

I. STUDENT DEMOGRAPHICS – Fill in all information whether student has tested or not.

A. County-District-School Code _____ – _____ – _____

B. School District Name: _____

C. School Name: _____

D. Charter School Number: _____ ('0000' for dependent charters or public schools)

E. Grade: _____ (5, 7, or 9)

F. Date of Birth (required): _____ (mm/dd/yyyy)

G. Gender (required): _____ (M/F)

H. Ethnicity: _____ (enter ethnicity code from Table 1)

I. Reason for Incomplete Data – Check one of the boxes and choose one of the following.

☐ **Student not tested**

☐ **Student with partial data**

_____ Absent on test date and all make-up sessions

_____ Extraordinary circumstances

_____ Waiver granted

_____ Medical excuse

_____ Individualized education program (IEP)/Disabilities

★ ★ ★ ★ ★ ★ ★ ★ *Continue to Section II if student has tested or partially tested.* ★ ★ ★ ★ ★ ★ ★ ★

II. INDIVIDUAL STUDENT SCORES – Fill in all applicable data for each item below.

A. Aerobic Capacity (select one)

1) PACER (20 meter)

2) Mile Walk/Run

3) Walk Test

(# of laps) _____

_____ Min.

_____ Min.

Heart Beats _____

_____ Sec.

_____ Sec.

(# of beats in 15 sec.)

Weight (lbs.) _____

B. Body Composition (select one)

1) Skinfold Measurement

2) Body Mass Index

3) Bioelectric Impedance/

Triceps (mm) _____

Height (ft., in.) _____

Automated Skinfold Caliper

Calf (mm) _____

Weight (lbs.) _____

% Body Fat _____

C. Abdominal Strength

Abdominal Curl-Ups _____ (# of curl-ups. Not to exceed 75.)

D. Trunk Strength

Trunk Lift _____ (# of inches. Not to exceed 12 in.)

E. Upper Body Strength (select one)

1) Push-Ups

2) Modified Pull-Ups

3) Flexed-Arm Hang

(# of push-ups) _____

(# of pull-ups) _____

(# of seconds) _____

F. Flexibility (select one)

1) Back-Saver Sit and Reach

Left Side _____ (# of inches. Not to exceed 12 in.)

Right Side _____

2) Shoulder Stretch (P for Pass or F for Fail)

Left Side _____ (P/F)

Right Side _____ (P/F)

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TABLE 1 – Values for Ethnicity

100 – American Indian or Alaskan Native	302 – Guamanian
201 – Chinese	303 – Samoan
202 – Japanese	304 – Tahitian
203 – Korean	399 – Other Pacific Islander
204 – Vietnamese	400 – Filipino
205 – Asian Indian	500 – Hispanic or Latino
206 – Laotian	600 – African American or Black
207 – Cambodian	(not of Hispanic origin)
299 – Other Asian	700 – White (not of Hispanic origin)
301 – Native Hawaiian	999 – Declined to state